

LONDON

metro®

Friday's Jackpot

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estimated



FACING UP TO MORE SHAME?

ADD SEX TO THE LIST OF ROB FORD'S ALLEGED BAD BEHAVIOURS, WITH CLAIMS OF 'ESCORTS' IN THE MAYOR'S OFFICE

PAGE 5

Rapper brings it on home

Shad returns to the Forest City with a Flying Colours tour stop at the London Music Hall Saturday

PAGE 11

No grief relief for Shannon

While everyone else is sent home, she's sent to man the front desk

PAGE 8

We've got all your Marvels

A who's who of the comic-book superheroes tapped for the upcoming Netflix-exclusive TV series

PAGE 14



Thinking outside the box: Coun. Stephen Orser with a blue London box and a gold one sent to him by the mayor of Hamilton. MIKE DONACHIE/METRO

Recycling push for a gold rush

Civic pride. Councillor wants to reward Londoners with 'gold' recycling boxes



MIKE DONACHIE
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So you're a good and faithful recycler. Whaddaya want? A gold medal?

Well, stick with it and one day you might get one.

The city is considering adopting a reward scheme for people who recycle their garbage properly. And the prize is a gold — arguably yellow — box to put it in.

"It will cause competition between neighbours and streets," said Coun. Stephen Orser, who's put the idea, already being carried out in Hamilton, to city staff. "Imagine everybody on your street has a gold box but

yourself."

The suggestion has come at the right time. City recycling chief Jay Stanford said staff is about to present to councillors a review of five years worth of recycling.

It includes assessment of existing programs to encourage recycling and a series of ideas for new ones. Stanford said the gold boxes will be considered, but will only be adopted if councillors and staff decide it's right for London.

Orser, meanwhile, is full of enthusiasm for the idea. He's suggesting people earn tickets for gold boxes by putting out two garbage bags or fewer each week and having recyclables properly sorted.

The city's waste audits would determine who's eligible for the prize, and those people would have to log onto a website for a chance to win.

"The program will build civic pride," he said. "There's

Gold rush

17,000

Number of gold boxes handed out in Hamilton in past five years.

Source: City of Hamilton

no doubt about it."

Waste audits already happen. City staff randomly check blue boxes to see if people are recycling properly. People who aren't doing a good job get a sticker on their box pointing out what they've done wrong.

Will it work? Hamilton says yes.

Dennis Guy, project manager in Hamilton's waste division, said lots of people request waste audits in the hope of getting a gold box.

"People who have won one love it," he said. "There's a lot of passion out there to win one."

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Rick Robichaud stands on the newly renovated second floor of 85 Walnut St. He's moving into the apartment that caught fire Oct. 10, killing one person and injuring others. SCOTT TAYLOR/METRO

Help wanted. Job board seeks 'applicants' for mayor of London

Do you have what it takes to be mayor of a city that's "a great place to live, work and play, and has been consistently ranked as one of Canada's top places to live by MoneySense Magazine?"

If so, respond to the want ad that's been posted on the local job site knighthunter.com.

Someone — no one seems to be exactly sure who yet — has posted a job opening on the website with the next municipal election less than a year away. The post says

the city is looking for "a passionate Londoner, an accomplished business professional, and/or an active community leader" to fill the position of mayor.

It goes on to say: "In recent years, London has faced many challenges, including employment, infrastructure, public transit, vision and citizen morale."

The man or woman for the job is "a singular person with a unique and diverse skill set," the post says.

SCOTT TAYLOR/METRO

Residents forced out by blaze finally back home

Deadly fire. People displaced by Walnut Street inferno return a month after tragedy



SCOTT TAYLOR
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"You don't realize what you've left behind until you're gone."

John Arsenault said that Wednesday as he leaned against the newly painted door of his apartment at 85 Walnut St., a building visited by tragedy just more than a month ago.

He was in the apartment in the early hours of Oct. 10 when a fire started two doors down the hall. The resident of that unit, 57-year-old Sean Delaney, died as a result.

Most of the people in the 15-storey structure had to evacuate the building and were allowed back in a short time later. But some, like Arsenault, have been nomads

Fire at 85 Walnut St.

- Blaze started about 3 a.m. on Oct. 10.
- Of two people critically injured, one is back home, the other remains in hospital.
- The building is owned by London and Middlesex Housing Corporation.

Quoted

"It's so nice to get back to home."

John Arsenault, resident of 85 Walnut St.

get socks, shoes, the necessities and that was it."

Coming home, he said, has never felt better.

"It will feel comfortable again, even if it all looks brand new," he said.

The entire second floor was renovated from front to back and top to bottom.

Fellow resident Rick Robichaud said it feels, and looks, like a new building.

He'll be moving into the first-floor apartment where Delaney was killed once renovations are complete. While he's sad someone died there, he has no qualms about taking it over.

"There's no reason for me not to. Everything's going to be brand new," Robichaud said. "I think it'll be all right."

Strut your stuff. We're one of the most walkable cities in the province

London has been named one of the most "walkable" cities in Ontario.

The honour was bestowed by Canada Walks, a national organization that encourages pedestrian-friendly communities.

Cities apply for the designation and, as part of the process, must report progress on more than 200 "walkability" indicators including networks like trail systems, street festivals and public art. The information is then reviewed by an ex-

pert panel appointed by Canada Walks.

London was one of five Ontario municipalities to earn the distinction. The others were Ottawa, Hamilton, Richmond Hill and Wasaga Beach.

METRO

On the web

For more local news go to metronews.ca



Shifted over

Go West! By a few blocks

Downtown London has gone west — at least by a couple of blocks.

The association that represents downtown businesses and pushes for growth in the core moved Wednesday from Citi Plaza to a storefront spot at 123 King St., across from Covent Garden Market.

The new office is the same one Downtown London used as a welcome and information centre during the World Figure Skating Championships in March. METRO

Feelings poured out at student conduct meeting



Students and residents of neighbourhoods near Fanshawe College and Western University gathered at a public participation opened by the town and gown committee Wednesday night. MIKE DONACHIE/METRO

Speaking their mind. City's town and gown committee hears from students and other residents



MIKE DONACHIE
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There was a lot of frustration in the room at city hall Wednesday night.

Years of pent-up feelings seemed to pour out at the public participation meeting opened by the city's town and gown committee to discuss student conduct.

And the division was clear.

Some Londoners came to the committee to express anger at student behaviour. One was Ann Street resident John Warner, who said he lives in "student hell" — until the students leave for the summer.

Students have "no con-

Solution?

"Behave like adults and you won't have problems with the police."

Resident (and non-student) Gerald Parker

sideration," said Warner, saying he had seen "a family neighbourhood" turn into "crap."

Then there were the students. The main criticism was tough police enforcement action towards students, especially on alcohol laws. Yes, that's the controversial Project Learn that led to the police suggesting Wednesday night's meeting.

Several speakers, including Amir Eftekharpour, vice-president of the Western University Students' Council, said it's unfair to treat students differently from long-term London residents by enforcing alcohol laws with zero tolerance.

Adam Gourley, Fansh-

awe College Student Union president, said it was unacceptable for cops to ask for personal information from students who have committed no crime.

Every speaker was unhappy. Non-students complained about noise, drunkenness, mess, vandalism and more. Students complained about policing, saying the need for a crackdown left with the St. Patrick's Day rioters of two years ago.

Several people did speak up for students; one speaker said they need an outlet because today's students have more worries, like job prospects, than older people did when they were young.

The venting went on for two hours.

The comments made will be collated for the next meeting of the committee. Among the people there to listen were police Chief Brad Duncan, councillors, city bylaw enforcement staff and representatives of Western and Fanshawe.

Amazing Racers touting 'awareness'

London's Amazing Race Canada duo acknowledge their newfound stardom is taking its toll.

In fact, it's been a bit overwhelming and, at least for Jet Black, a scheduling nightmare.

"I have some (police) co-workers who may be getting tired of switching shifts so often," he admitted.

Still, Black and his buddy, Dave Schram, say they would welcome a chance to return to prime time if an Amazing Race Canada all-star show should happen to crop up.

"We still have some unfinished business," Schram said.

The pair took third place in the show's inaugural season, and, since then, has been using the popularity for good.

Black and Schram just returned home for a trip to Brazil, which gave them a first-hand look at how World Vision sponsors are helping families in need. Now they're trying to spread the word about how everyone — especially young people — can help.

"The hope is that we can raise awareness for people of

Duo at a glance

Jet Black
Age: 32
Nickname: Blackie
Occupation: Police officer

Dave Schram
Age: 28
Nickname: Schramer
Occupation: Marketing

our generation," Black said. "World Vision is doing all right with a more elderly population, but some younger people aren't getting involved, so it's our job now to spread the message."

During the trip, the pair participated in many activities in Canapi and Recife, the villages they visited, and helped open a new well to bring fresh, needed water.

The trip coincided with World Vision's Just One Child campaign. The non-profit is looking for people to sponsor 1,000 children in southwestern Ontario. To help, visit justonechild.ca.

SCOTT TAYLOR/METRO



Dave Schram, left, and Jet Black visit a family farm that's benefited from World Vision efforts. COURTESY WORLD VISION

\$97K. Community group receives federal funding for anti-violence project

The African Community Council of London will get help from the federal government for a project to help end violence against women and girls.

London North West MP Susan Truppe announced the \$97,454 in funding on Wednesday. The council's project will identify barriers victims of violence have faced in accessing programs and services.

The information will then be used to develop a strategy to combat the problems and improve the availability of resources.

The effort comes as the city marks its month-long Shine the Light on Woman Abuse campaign, led by the London Abused Women's Centre.

Federal leaders have doled out \$62 million for projects to end violence against women and girls since 2007. **METRO**

Bullies beware

Event aims to empower kids

The London Anti-Bullying Coalition will kick off Bullying Awareness Week with a big Saturday event at Wolfe Performance Hall in the central library.

Called Youth on Fire, the event features motivational speakers, music and

a variety of performances aimed at empowering kids to make positive choices.

Doors open at 5:30 p.m. and tickets are \$27 or five for \$100.

The coalition is also asking people to take The Pledge to End Bullying at thepledgetoendbullying.ca.

Check londonabc.ca for details about Saturday's event.

METRO

Gas plant scandal. OPP case out premier's office

Ontario Provincial Police officers investigating the destruction of gas plant emails descended on the premier's office Wednesday to familiarize themselves with the operation.

The officers from the OPP's Anti-Rackets Branch have already interviewed staff from former premier Dalton McGuinty's office but want to get a lay of the land in order to understand how the office operates, sources say.

TORSTAR NEWS SERVICE



Premier Kathleen Wynne
THE CANADIAN PRESS

Health. Province moves to ban smoking on patios, fruit-flavoured tobacco

The Ontario government plans to amend legislation to ban smoking on all restaurant and bar patios as well as at playgrounds and sports fields, Health Minister Deb Matthews announced Wednesday.

"I think (restaurant and bar owners) understand that this was coming," Matthews said. "About 70 per cent of Ontarians actually want to ban smoking on patios."

The Ontario Restaurant, Hotel and Motel Association complained the government didn't consult the sector before announcing the patio ban and said there was a real "fear" among some business owners that they will lose customers and money.

"Smokers will still go outside near the patio and they will puff cigarettes at passersby who are not expecting a puff of smoke," said association CEO Tony Elenis.

"Under the existing regulations, which we are happy with, customers and businesses make a choice."

Ontario will also bar to-

bacco sales on college and university campuses, double fines for stores that sell cigarettes to minors and will ban all sales of candy- and fruit-flavoured tobacco products.

The Heart and Stroke Foundation said flavours

Industry lashes out

"The bill is about shocking people about how the industry is supposedly targeting kids, but that's a lie."

Luc Martial, spokesman for Casa Cubana, which markets flavoured cigarillos

are used "to seduce youth to a product that kills," and called the Ontario government "courageous" for banning smoking on restaurant and bar patios.

The Ontario government believes many youth start smoking with cigarillos that taste like chocolate or strawberry or even those named after popular alcohol drinks.

THE CANADIAN PRESS

companies in Alberta to fulfil supply needs," Hoskins said in a statement, which noted Alberta is Ontario's second-largest trading partner in Canada at more than \$44 billion a year.

Premier Kathleen Wynne, who could face an election as early as next spring, has been pushing a jobs agenda and is under fire from opposition parties for not doing enough to boost employment.

TORSTAR NEWS SERVICE

New office

Alberta, Ontario to tighten trade ties

Ontario will open a trade office in Calgary "in the coming months" to get a bigger piece of the western Canada business pie, particularly in the oilpatch, Economic Development Minister Eric Hoskins said Wednesday.

"This initiative will help Ontario firms connect with



Londoner Amanda Allen, 14, has spent hours giving back to those with cystic fibrosis, and other volunteers have recognized her dedication. MIKE DONACHIE/METRO

Teen helps others to breathe easier

Cystic fibrosis. Grade 9 student recognized for selfless volunteer work



SCOTT TAYLOR
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Amanda Allen wants everyone to take a deep breath.

In fact, few things would make the 14-year-old A.B. Lucas student happier than seeing everyone do what comes so naturally to those not

Real effort

"Amanda's dedication and commitment to our chapter is well recognized and respected by all chapter members."

Chantelle Foreman-Meadows, development co-ordinator for Cystic Fibrosis Canada

suffering from cystic fibrosis.

Allen was recently honoured with the Youth Award from Cystic Fibrosis Canada for the many hours she spends volunteering with the organization.

No one in her family suffers from the illness that,

among other symptoms, clogs lungs with thick mucus. But Allen she was drawn to help because of her dad's commitment to the London chapter of the organization.

Steve Allen has a friend whose 17-year-old daughter deals with cystic fibrosis.

Once he became immersed in the cause, so did Amanda.

"I know a few people who have it and so I feel it's important to help out," she said. "It gives me a better distraction than gaming or something."

Since she joined the organization in 2009, she met London's Danielle Davidson, who underwent surgery Sunday for her second double-lung transplant.

"We're friends, so I'm really happy for her," Allen said. "I've been thinking about her."

Davidson improves after transplant

London's Danielle Davidson continues to make steady progress as she recovers from her second double-lung transplant in two years.

Her family is posting updates on a Facebook page titled Danielle's Breathe Easy — 2nd Time's a Charm.

A Tuesday afternoon post states: "Danielle took a short walk today!!! The ventilator will be out tomorrow! Wahooooo!"

The 28-year-old suffers from cystic fibrosis. She needed the second procedure because her body rejected the lungs she received in August 2011.

The surgery itself took nearly 18 hours, but there have been no unexpected complications, according to the Facebook updates.

What's amazing is that she was barely strong enough to write after the operation,

but just a day later was able to try to walk.

The Facebook page had 505 "likes" by late Wednesday afternoon.

According to cysticfibrosis.ca, there is no cure for the disease.

In the lungs, where the effects of the disease are most devastating, a build-up of thick mucus causes increasingly severe respiratory problems. SCOTT TAYLOR/METRO



Danielle Davidson METRO FILE

Police apology

'Enjoy it' jibe about rape sparks outrage in India

India's top police official apologized Wednesday for saying, "If you can't prevent rape, you enjoy it," a remark that has outraged women across the country.

Central Bureau of Investigation chief Ranjit Sinha made the remark Tuesday during a conference about illegal sports betting and the need to legalize gambling. The

CBI, the country's premier investigative agency, is India's equivalent of the FBI.

Sinha said at the conference that if the state could not stop gambling, it could at least make some revenue by legalizing it.

"If you cannot enforce the ban on betting, it is like saying, 'If you can't prevent rape, you enjoy it,'" he said.

In the past year, India has been roiled by widespread protests following the fatal gang rape of a 23-year-old woman on a bus in New Delhi.

THE ASSOCIATED PRESS

Coroner's decision

Woman serving life for boy's killing can appear at his inquest

A woman convicted of starving her grandson to death is "intimately and intricately" linked to the Toronto boy's case, a coroner said Wednesday in allowing her to participate at the inquest into his case.

Elva Bottineau, serving life, was granted standing at the coroner's inquest probing the death of five-

year-old Jeffrey Baldwin, who died 11 years ago while in her care.

Coroner Peter Clark said standing must be given to anyone with a "direct and substantial interest" in a particular inquest.

"While the concept of Ms. Bottineau's participation at this juncture may be painful, I am bound to consider each application on its own merits, in a dispassionate and objective manner and with due consideration for the principles of fairness and natural justice," he wrote.

THE CANADIAN PRESS

MDs' triumph

Baby born safely after brain-dead mom kept alive for three months

A university hospital in Hungary says a premature but healthy baby was delivered after doctors kept the child's brain-dead mother on life support for three months.

The University of Debrecen said Wednesday that some of the mother's organs — her heart, liver, kidneys and pancreas — were donated to four

recipients two days after the delivery.

The mother suffered a stroke when she was 15 weeks pregnant. The baby was delivered via caesarean this summer at 27 weeks, weighing three pounds, 1.8 ounces.

The university in eastern Hungary said, "The child is healthy and developing normally." It did not give the child's gender or exact birth date.

The baby's relatives have declined to go public. Hungarian laws shield the identity of organ donors and recipients.

THE ASSOCIATED PRESS

Sex allegations now dogging disgraced mayor

Rob Ford's day of shame. Just-released court document contains stunning claim about the Torontonians and 'prostitutes'

A bombshell court document released Wednesday suggests people close to disgraced Toronto Mayor Rob Ford were concerned about his use of drugs and drunk driving.

But for the first time in the scandal it raises the issue of ... sex.

The document reveals the aides were even worried about the presence of suspected "prostitutes" in the mayor's office.

The previously censored information comes from po-

lice interviews with former staffers of the mayor — in a document that contains allegations not proven in court.

Several of the staffers' allegations centre on the night of St. Patrick's Day last year, where a former staffer told police he saw Ford with another staffer, a friend and a young blond woman named Alana who he thought was "an escort or a prostitute."

The same woman had been seen with Ford at a stag party, ex-staffer Isaac Ransom told police.

Ransom told police Ford was drinking from a 40-ounce bottle of Smirnoff vodka and by the time he arrived at the mayor's office that night around 9 p.m. half of it was gone.

"Mayor Ford was totally out of it and had obviously been drinking," the police

document quotes Ransom as saying.

Ford wanted to "smoke narcotics" with Alana and his friend but his staffers stopped him, Ransom told police.

Ford went to a bar and a friend of Alana's showed up, Ransom said.

"When he got up to leave he decided he wanted to go to the dance floor, so he went over, stumbled around the dance floor and fell down," the police quote Ransom as saying.

Another staffer, Chris Fickel, told police he heard that the mayor went back to city hall with three staffers, a friend and "two females that may have been prostitutes."

The mayor then started "crying uncontrollably," assaulted one staffer, pushed another and drove himself home. THE CANADIAN PRESS



Mayor Rob Ford confronts city councillors in Toronto on Wednesday.

NATHAN DENETTE/THE CANADIAN PRESS

Ford-speak

Rob Ford faced off with Toronto city council during a heated debate on a motion urging him to take a leave of absence. Here are some of the Toronto mayor's quotes from the meeting:

"Yes, I have."

After being asked whether he'd purchased illegal drugs in the last two years, Ford has been mayor of Toronto since October 2010.

"The reason I drank or did drugs was not out of stress, it was out of sheer stupidity."

After a councillor asked him whether he recognizes that some of his behaviour points to an addiction problem.

"I work with youth day in and day out and I've changed these kids' lives. I'm a positive role model."

When asked whether his decision not to co-operate with police sets a bad example. He said he was not talking to police on the advice of his lawyer.

"I understand the embarrassment that I've caused every resident in this city."

Saying his "mistakes" were of a personal nature.

"I really effed up and that's it."

At the end of the debate.

A dramatic day in the life of a scandal

Rob Ford admitted for the first time to buying illegal drugs while in office.

- **Vote.** During an internationally televised meeting, Toronto city council voted overwhelmingly to have the mayor take a leave of absence.
- **Contrition.** "I really effed up," Ford said as the often-heated debate ended. "Apologizing and saying

you're sorry, you can only say that so many times."

- **Next move?** The 37-5 motion, however, was non-binding, but its sponsor has said he would ask the province to step in if Ford failed to heed council's wishes.
- **Counter-move.** Just before the vote, Ford failed to introduce a motion that would have forced all

councillors to undergo drug testing. The speaker ruled it out of order.

- **Defiance.** Ford repeated he would not resign or step aside to seek help. The "few isolated incidents" of substance abuse were due to "sheer stupidity" rather than addiction, Ford said.
- **Protesters.** Outside city hall, hundreds rallied and called on Ford to resign.

Keep up-to-date

Follow the Toronto scandal that has captured the attention of people all over the world.

- For the latest updates, visit metronews.ca.



Looting, gunfire spark chaos alert in typhoon-hit areas

Aid too slow. Homes and businesses targeted for food

Mobs overran a rice warehouse on the island worst hit by the Philippine typhoon, setting off a wall collapse that killed eight people and carting off thousands of sacks of the grain, while security forces Wednesday exchanged gunfire with an armed gang.

The incidents in or close to the storm-ravaged city hosting international relief efforts add to concerns about the slow pace of aid distribution and that parts of the disaster zone are descending into chaos.

Five long days after Typhoon Haiyan wasted the eastern seaboard of the Philippines, the cogs of what promises to be a massive international aid effort

are beginning to turn, but not quickly enough for the some 600,000 people displaced, many of them homeless, hungry and thirsty.

"There's a bit of a logjam to be absolutely honest getting stuff in here," said UN staffer Sebastian Rhodes Stampa against the roar of a C-130 transport plane landing behind him at the airstrip in Tacloban, one of the hardest-hit cities.

"The reason for that essentially is that there are no trucks, the roads are all closed."

Planes, ships and trucks were headed to the region, loaded with generators, water purifying kits and emergency lights — vital equipment needed to sustain a major relief mission. Airports were reopening in the region and the U.S. military said it was installing equipment to allow the damaged Tacloban airport to operate 24-7. **THE ASSOCIATED PRESS**



Children, who say they fled when armed men were seen in their village, wait in Tacloban, central Philippines, Wednesday. Aid has been slow to reach the worst hit areas. BULLIT MARQUEZ/THE ASSOCIATED PRESS

Rapid relief experts

Canada's A-team on its way

Prime Minister Stephen Harper says the Canadian military's Disaster Assistance Response Team, or DART, is bound for the Philippine city of Iloilo.

Philippine authorities say Iloilo, one of two major cities on the island of Panay, was in the direct path of typhoon Haiyan and suffered 162 deaths and the destruction of 68,543 houses as a result.

More than 530,000 people have been affected in the Iloilo region.

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Using hands to play is so 2012

The mind is mightier than the sword — or hand. College creates stunning thoughts-based game

LUCY HAINES
For Metro in Edmonton

Northern Alberta Institute of Technology (NAIT) students have helped build a video game that's a brain drain of a different variety — a hands-free, mind-controlled game that looks and sounds like something out of a sci-fi movie.

The aptly-named Project Vulcan is a prototype built with the help of game development students at NAIT, under the guidance of game-design instructor Armand Cadieux and game-programming instructor John Winski.

The game is set aboard a space station, where players become robots trying to es-



NAIT's Armand Cadieux dons gear for Project Vulcan, a game that reads brain scans — no controllers needed. The project is at the prototype stage and will launch by end of this school year. LUCY HAINES/FOR METRO IN EDMONTON

Out of the box

"We're teaching students how to build a game, but also how to think beyond."

NAIT instructor Armand Cadieux

changed in the last couple years," said Cadieux. "We're all on mobile devices; now only the minority of games are played on consoles. Technology has made things like these EEG-type headsets available commercially, so developers can create applications for existing hardware."

Cadieux points to the use of similar technology with paraplegics, who can move a wheelchair with a brain-sensor headset. He says using hardware this way is a logical next step in the ever-morphing gaming industry. Co-creator Winski calls the 10-minute game tricky, but one that teaches focus at a time when life is all about multi-tasking.

cape by embodying a series of stronger robots. The mind-bending part is that players use only their thoughts, no hand-held controllers, to take over other robots.

"How we play games has

Random biz fact of the day

1-4%

Looking for a job on major job boards has a success rate of just 1-4%.

CAREERLEAF/NEXCAREER



CHRIS HONDROS/GETTY IMAGES FILE

Web awards. Metro worth sharing, in print and online

Metro has won two silvers at the Canadian Online Publishing Awards 2013.

The awards, which are held in Toronto every year, cover the best of digital work in mobile and desktop journalism.

Metro won awards for its mobile apps, which remain among the most popular news apps in Canada, as well as for

Matt Elliott's Ford for Toronto blog, which has been closely following the Toronto mayor's fiscal record since his term started.

Also nominated was a five-day online and print feature about avalanches, in which one reporter was buried alive and dug out with a rescue dog.

METRO

Market Minute

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Douglas Coupland

Douglas Coupland's latest novel, *Worst. Person. Ever.*, is available from Random House Canada.

Day 9

metronews.ca/temp

So you want to live in T.O.?

A growing number of temps are overqualified for their positions yet have little hope of advancement, says a 2013 report called *Untapped Potential: Creating a Better Future for Service Workers*.

\$23,647

About seven per cent of routine service workers earn less than the low-income cutoff wage, defined as \$23,647 in Toronto.



GETTY IMAGES

45%

About 45 per cent of Toronto's workforce is employed in routine service jobs.

20.2%

Some 20.2 per cent of routine service workers in the Toronto region have an undergraduate university degree, up from 13.3 per cent in 2001.

2001-2009

The level of precarious temporary employment within the service sector grew an "alarming" 33 per cent between 2001 and 2009.



GETTY IMAGES

Temp Not Eligible for Trauma Disability Pay

"Good afternoon. Taylor, Wagner & Kimura Filter Systems, a proud patriotic company since 1899. I'm sorry, Mr. Taylor isn't here right now. Is there a message?"

You'd think, after a great big glamorous shootout, we'd all get the day off, but no — I, the disposable temp, was forced to man the front desk while everyone else went home to Google grief counsellors so that they could file PTSD disability claims. Even still, it was an hour before the bomb sweep finished and we got the OK to go in. The Danimal returned me to desk duty with brazen emotional manipulation. "Sorry Shannon. You have to be the strong one here today." This meant me brushing off press enquiries and telling freaked-out loved ones everything was OK, which actually gets dull very quickly. The lines died down by 4:00, so I went online to look at Shoeman's specialty website: Undeadbutnotunmown.com — nothing but screensnaps of well-mown lawns appearing in the backgrounds of zombie apocalypse movies. He is so deep.

At 4:15 the door opened and I looked up — it was Kyle, dressed head to toe in oil refinery gear. "Guess where I just got hired!"

"Kyle, you look like a Village Person. And thanks for being relieved I'm alive."

"Of course I care — the shoot out — it's all over the radio. What happened?"

"Just after lunch, Kevin went nuts and holed himself up in the warehouse threatening to shoot himself. You know why."

"What then?"

"Then there were maybe 50 shots fired and everyone thought he was dead, but then he wheeled this creepy scarecrow effigy out the doors — and walked out with his hands on top of his head."

"Did they arrest him?"

"I don't know. Is threatening to kill yourself a crime?"

"I wonder. And what does a guy like Kevin do in jail all day — shop for boats online?"

"Kevin is now officially declassified."

"Declassified?"

"Declassified. Like me. No

I, the disposable temp, was forced to man the front desk while everyone else went home to Google grief counsellors...

longer a part of the class spectrum, with no hope of reentering. Not poor, not middle class, not blue collar or white collar. Blank collar — spending the rest of his life shopping in jail."

This was when Sarah No. 1, who'd been gone all day, magically appeared at the front door wearing slutty heels and a push-up bra. "Hello Shannon. Oh hello Kyle."

"Ummmm..." Kyle was stunned by Sarah No. 1's get up. I was sitting behind him and I mouthed the words, "cradle robber" to Sarah.

She winked at me. "Kyle, can



Random biz fact of the day

50%

Another reason to not procrastinate — 50 per cent of new hires applied within the first week of the job posting.

SOURCE: NEXCAREER

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Random fact of the day

Holy hork Batman!

- The human body produces around a litre of mucous each day.

SOURCE: BBC.CO.UK



you help me with my car? It won't start."

Shameless. Just shameless. They left for the parking lot.

TO BE CONTINUED...

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TV, ER, RUNNING CAN CHANGE YOUR LIFE

I'm training to run a half-marathon and it's changed my life. The magazines tell me so in their colour-filled, glossy pages.

My heart rate is improved. My self-esteem and confidence are at a new high. Coffee tastes better, people smile at me on the street, and I'm no longer racist. My parallel parking has improved; I can use a urinal even with other people around; and I've just about cured cancer.

And happy?! People in running mags are so happy, just like me. They always have great teeth that they show off as they run, keeping them white and clean through constant wind exposure.

It's because these people have taken control of their lives.

That's what the mags say. Taking control is always stated as an intrinsic positive, even though deciding to eat Big Macs every day or committing to a daily regime of crack would qualify as taking control, too.



HE SAYS

John Mazerolle

metronews.ca

As you have perhaps surmised, I'm a little less gung-ho than your average running mag model, the sort who treat running as a full-fledged religion complete with conversion and redemption. *Join us.*

I enjoy running, but I'm not that far gone, partially because I'm not very good. I have *never* smiled when running — the look on my face ranges from passing a gall stone to passing out to passing on.

Running is supposed to offer a sort of endorphin-fuelled pain relief, but I mostly find that my lazy pains have shifted into new locations of active-people pain — like a cartoon character who throws a hot potato between his left hand and his right

hand.

I'm also about as light on my feet as those AT-AT walkers from *The Empire Strikes Back*. If you were just listening to my footfalls you'd swear I was wearing flipflops.

No, I take different lessons from running than,

ZOOM

Solar system's family photo



NASA/JPL-CALTECH/SSI

Saturn shown in one-of-a-kind pic

NASA has revealed an unprecedented view of Saturn from space, the first in which the giant gas planet (backlit by the sun), its moons and rings, and Earth, Venus and Mars, are all visible. Unveiled this week, the new natural-colour, panoramic mosaic of the Saturn system was taken by NASA's Cassini spacecraft. **METRO**

By the numbers

141 wide-angle images were processed by Cassini's team to create the mosaic.

651,591 km is the distance the image sweeps across Saturn and its rings.

1.44B

km was the distance from Earth Cassini took the image — nearly 10 times the distance from the sun to Earth.

Solar system clues

"Data like these also improve our understanding of the history of the faint rings around Saturn and the way disks around planets form — clues to how our own solar system formed around the sun."

Linda Spilker, Cassini project scientist based at NASA's Jet Propulsion Laboratory

Cassini facts

- In 1997, Cassini-Huygens is the fourth space probe to visit Saturn and the first to enter orbit.
- 16 European countries and the U.S. make up the team responsible for building, flying and collecting data.
- The mission ends in 2017.

Quoted

Here's my inspirational running story: I run. I don't really go anywhere, I end up back where I started ...

"Things are super now!"

Here's my inspirational running story: I run. I don't really go anywhere, I end up back where I started, but I'm happy to have gone. Pointless, yes, but better than just sitting there, right?

If I can't find the symbolism in that, my Grade 10 English teacher would be very upset with me.

It's better for me to do almost anything than lay stagnant on my couch.

Unless *The Empire Strikes Back* is on.

That's different.

It changed my life.

(This column was originally published in *Metro* in September 2010. John Mazerolle's column will return next week.)

Clickbait



HANNAH ZITNER

hannah.zitner@metronews.ca

With the holiday season right around the corner (if you need proof, just step into any shop anywhere), many are trying to get out of Dodge — or get to Dodge if that's the case. If you haven't booked travel yet, chances are you're too late — J/K, not too late, but too late to get a decent fare. Check these sites for elusive holiday season travel deals.

Hipmunk:

Like most sites, Hipmunk searches the major carriers, but offers an "agony-free" search so you don't have to muck around sorting by price, stopovers, times, etc.

Kayak:

One-stop shop for hotels,

flights and cars with a stellar alert system — give them your details and they do the rest for you.

Jetsetter:

Once you've found your cheap flights, book a last-minute luxury room at a boutique hotel on the site or their well-designed, user-friendly app.



ISTOCKIMAGES

Twitter

@metropicks asked: #LdnOnt wants to allow elderly to cycle on the sidewalk. Safety advocates disagree. What do you think?

@fowgre: Bad idea. City and LPS should stop abdicating responsibility and make roads safe for cyclists. #ld-nont

@londongirl52: as long as bicyclists are courteous to walkers and vice versa, I don't have a problem with anyone on sidewalk.

@Thomas_Howden: Key word, side 'walk'.

@thebellguy: I enjoy reading about rules that are made for a portion of

the population, they always seem to work out well.

@KevinLabonte: 75% of bike related accidents occur at intersections. On a sidewalk every driveway is an intersection. #LdnOnt

@neginneghabat: Bicycles generally & esp elderly cyclists behave much more like pedestrians than cars, so that's where they belong

@DanHilton74: If sharing the road is unsafe for any group, let's build a Master Bike plan w/ more paths vs ad-hoc solutions.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

Send us your comments: londonletters@metronews.ca



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'My understanding of the world is a bit different'

Local music. Forest City rapper returns to the city that raised him to share some stories off his new album and the things that now define him



BACKSTAGE PASS
Mila Petkovic
london@metronews.ca

Canadian hip-hop star Shad is on his way home.

His last album *TSOL* was shortlisted for a Polaris Music Prize and it beat out Drake's *Thank Me Later* for the Juno's best rap album award.

Now on tour with his fourth album, *Flying Colours*, the Forest City-raised rapper is playing the London Music Hall on Saturday.

Despite feeling at home in London (he attended Central Secondary School and started freestyling with friends at 14-years-old), Shad comes from a diverse background. He was born in Kenya to Rwandan parents and came to Canada as a one-year-old.

His heritage definitely plays a part in his penchant for rapping about social causes.

The song *I'll Never Understand* from his first album examines the Rwandan genocide and includes poetry written by his mother, Bernadette Kabango.

The single *Fam Jam* (Fe Sum Immigrins) off his new



Shad is performing at the London Music Hall Saturday night. CONTRIBUTED

album speaks to the immigrant experience.

"The third verse is more of a personal kind of story. It talks about emotion and not knowing my parents' language," says Shad.

"It's all part of who I am. My understanding of the world is a bit different be-

cause of it."

Another song on the album, *Progress*, turns out to be a caustic mockery of its title and the American-dream mentality, with references to the prison system, the economic crash and climate change.

"It was like an experi-

ment for me — the furthest thing from a lot of songs I've worked on. I feel like in music there's a lot of issues we're not touching on. There is space for social commentary," says the artist.

Perhaps even more radical is Shad's positive representation of women in his songs

Power play

"I think the power of music isn't in terms of change or revolution. I think the role it plays is less of a catalyst for change, and more like a thing that humanizes and brings people together."

Shad

and videos (especially *Keep Shining* from *TSOL*) in an industry where women are often prized for their sex appeal.

"I grew up in a home with a lot of strong women so it's not a stretch for me to respect women. It's natural. And I don't think it's a big stretch for a lot of men. We all have sisters and mothers," says Shad, who now lives in Vancouver and has a master's degree in liberal studies.

His observations on real-world issues have certainly captivated an audience.

"I try to present stuff that humanizes big ideas and brings people together. You can understand the facts of the thing, but when you understand it emotionally, that's when it's yours — that's when you can own it."

Tickets for Shad's show on Saturday are \$17 and are available at Grooves record store (353 Clarence St.). Doors open at 8 p.m. with openers *We are the City*, *Casper* and *The Nicest* also on the bill.

2 SCENE

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Chestnut is among director's Holiday best men



NED EHRBAR
Metro World News in Hollywood

It's been nearly 15 years since Morris Chestnut starred in *The Best Man*, and now he's re-teaming with Taye Diggs, Terrence Howard, Harold Perrineau and writer-director Malcolm D. Lee for a long-awaited sequel, *The Best Man Holiday*.

Metro took a trip down memory lane with him.

So was your character's football background your idea or Malcolm's?

We're both big football fans. I've been playing football and loving football all of my life. Before I loved little girls, I loved playing football. So a lot came from me. The funny thing about it is the two roles I'm most remembered for are *Boyz n the Hood* — where I played a football player — and this one, where I play a football player.

So, 14 years later. How much does that mess with your head?

You know, it doesn't really mess with my head. We know it's been a long time, and we've seen each other throughout the years, some of us have hung out, some of us

haven't. I'm just proud that the studio feels either the content of the movie or the title of the movie or the actors in the movie are still relevant to where they think that it can make some money.

When you reunite with the cast members you haven't seen in a while, is it a sort of reality check about aging?

You know, the great thing that Malcolm did was a week before we started filming, we all watched the original together. That brought me back to some places emotionally, and even brought up some things about my character that I didn't remember since it's been a long time. Whenever I see a movie of mine on TV, I don't watch it. I hurry to change the channel. Sitting there watching that movie from beginning to end, it just brought back a lot of different things. When we started filming I was like, "Do you want me to wear a wig? What do you want me to do? Because the characters had hair last time, and now Taye and I don't have hair."

The characters have all done quite



From left, Taye Diggs, Morris Chestnut, Harold Perrineau and Terrence Howard in a scene from *The Best Man Holiday*.

MICHAEL GIBSON/UNIVERSAL PICTURES/THE ASSOCIATED PRESS

well for themselves.

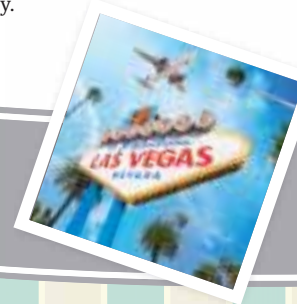
To be honest, I think that was what was so interesting and refreshing about the first one. It was the first movie of its kind where you

really see black professionals. You had Jordan, Nia Long's character, who was a big-time TV executive. You had Harper, Taye's character, who was a writer, an intellectual job. You have

those types of images that I think people wanted to see. You had your films like *Boyz n the Hood*, *New Jack City*, where you're showing street life and drug life and all that. But seeing those positive images on screen, I think that's what was refreshing for the first one.

Speaking of sequels, do you think there will be any more *Kick-Ass* movies?

Ah, man. I don't think so, I don't think so. I think after that one, they're done with those for right now, unfortunately.



James Franco directs, stars in new film *As I Lay Dying*

Turning books into movies. Franco views it as a challenge to translate seemingly unfilmable works

NED EHRBAR
Metro World News in Hollywood

As you may have heard, James Franco's been busy. In addi-

tion to being a prolific actor (he squares off against Jason Statham in *Homefront* in a couple weeks), he's also a prolific director who's particularly drawn to novels deemed unfilmable. His take on William Faulkner's *As I Lay Dying*, which played at the Toronto Film Festival this year along with his adaptation of Cormac McCarthy's *Child of God*, has just arrived on DVD. And in addition to Actors Anonymous, his new book of short stories, Franco

is promising an adaptation of Faulkner's *The Sound and the Fury* next.

Franco on literary adaptations

"What I figured out with even my short films based on poetry is if I use a literary source that is somehow stylistically interesting or stylistically unconventional or just complex, it will push me as a filmmaker in new directions. It will take me out of conventional ways of filmmaking," he explains.

"There are stories that I love that I just don't think would be told. *As I Lay Dying* has been around for 80 years. Nobody's made it. So I made it. There's this old adage that great books make bad movies and bad books can make good movies, like *The Godfather* — I mean, it's not a bad book, it's just kind of a dime-store thing. I don't think that's completely true, but what I think is true about it is when people love a good book it's not just because of the story;

it's because of the way it's written, the style, the structure. Something that works in a book won't necessarily work in a movie in the exact same way. You have to translate the style. And I love that. That's, I guess, become my thing."

Franco on Franco

"The way that we look at ourselves is forever changed because of the way our own images are distributed, the way we distribute them, the way we reshape them. It's tied up

with public image, celebrity and our relationship to that," Franco says. "So I'm in a position where I do have a public image in, I guess, a very public way. But I really view that — my relationship to my public image — as something that is just maybe a larger projection or a larger, more extreme version of the way someone projects him or herself on Facebook, photos that he or she decides to post, what he or she decides to write, how that public image is crafted."

Just looking for a little Applause

Overexposed or underappreciated?
Pop art of Lady Gaga is all over, continues to inspire debate

There's just one way to escape the blitz surrounding Lady Gaga's new album: completely unplug from society.

To kick off the release of her new album, *Artpop*, this week, the entertainer, never known for understatement, has been omnipresent.

She began with a huge release party Sunday, where she debuted *Volantis*, billed as the "world's first flying dress." She floated about six feet above the floor before performing at the event, streamed live on Vevo.

The next day, she opened pop-up *Artpop* stores in New York and Los Angeles, where Gaga-related merchandise was sold, and she was one of the main honorees at Glamour's Women of the Year ceremony. On Wednesday, she was due to appear at the opening of an H&M store in New York's Times Square.

She's scheduled to tackle hosting and performance duties on NBC's Saturday Night Live, and she redesigned the Life section logo of USA Today in her image — the first time the



Lady Gaga unveils a sculpture of herself by artist Jeff Koons during the *Artpop* album release and artRave event at the Brooklyn Navy Yard on Sunday in New York City. EVAN AGOSTINI/INVISION/THE ASSOCIATED PRESS

newspaper has had a celebrity do so. The newspaper also featured an interview with the superstar. And a concert special with Ryan Seacrest is set to air on the CW Network next week.

Gaga's publicity push leading

up to the debut of *Artpop* could be described much like the singer herself: eye-catching, unique, daring and, of course, over the top. It comes amid mixed reviews for the album, the

departure of her longtime manager and questions about whether Gaga — mania

might be on the wane outside her core Little Monsters. The album's first single, *Applause*, remains a top 10 hit, but was considered a bit of an underperformer compared with her previous hits.

Bill Werde, Billboard's editorial director, thinks folks wondering if the 27-year-old is approaching her expiration date are missing the point.

"She's presenting an artistic view of pop music that's a lot more challenging than anything else that's even approaching the top of our charts now. She is risking her top success for the sake of art, and I think a lot of people don't get that," Werde said after viewing Sunday's show online.

"You have to really appreciate how conservative most pop fans are in the world. They don't necessarily want their music dipped in art. They don't want to see pop stars come out for a performance wearing a terrifying scarecrow mask," he added.

It's what we've come to expect from Gaga, however. Her career has been as much about performance art as music. After all, this is the woman who has paraded around in a dress made of meat, assumed a male alter-ego

for an awards show, arrived at another in an egg and stripped naked onstage in Europe last month.

"She's definitely one of the most iconic artists that we have on the planet," said hitmaker David Guetta, who worked with Gaga on her new album. "I like the way that she works because she's just an artist. I don't see her as belonging to one school. She's just art. Even though it's pop music and it can ... have emotional (aspects), pop can also be very commercial. And I like the way that she's doing pop in a very artistic way."

Some have questioned how much her approach resonates these days, especially when Miley Cyrus draws weeks of headlines by twerking onstage at the MTV Video Music Awards. Gaga's performance at that show barely rated a blip at the water cooler the next morning.

Gaga's supporters, though, warn against viewing her in the short term. They believe she's built something more durable.

Artpop is Gaga's fourth full-length album, and comes after a forced hiatus. A hip injury sidelined her and forced her to cancel her tour last year.

THE ASSOCIATED PRESS



Charli XCX finds True Romance after I Love it

PAT HEALEY
Metro World News in Boston

The pop landscape for women in the second decade of the millennium seems to be all about girls gone wild. But Charli XCX swears she's not trying to be a badass. Come to think of it, Charli XCX does a lot of swearing on her debut from earlier this year, *True Romance*.

"I don't really think like, 'Oh I'm going to swear, let's be really edgy,' or any of that

s—," she says. "I feel like I swear quite a lot in general life anyway, so when I'm writing it's really just what's in my brain and what's kind of coming out of me."

Writing songs is something she may be better known for than singing them. She penned Ikon Pop's song-of-the-summer, *I Love It*.

Born Charlotte Emma Aitchison, she's got an English accent and is charming in conversation — alternately funny and disarmingly

Word vomit

"When I wrote I Love It, it was just me screaming into a computer and that's generally what happens when I write."

Charli XCX

sincere — much like the lyrics on the *True Romance* album. She also meant it when she wrote the *I Love It*

line, "I'm a '90s bitch." She was born in 1992. She says penning such a huge single has given her the chance to work with a childhood hero of hers, who was "a '90s bitch" of another sort. "I was in a session the other day with William Orbit for Britney, which was cool," she says, barely containing her enthusiasm. "She's one of the hugest stars in the world, who knows what will happen, but it was an honour to be invited to that session."



Charli XCX. GETTY IMAGES

The who's who of the Marvel TV deal

Last week, Netflix announced that they will be developing four new series based on iconic, yet lesser-known characters from Marvel's repertoire of superheroes, and this week, they've announced some of the big writers behind the scripts. Daredevil, Jessica Jones, Iron Fist and Luke Cage series will begin streaming on the site in 2015. The four will be also be featured in a Netflix-exclusive miniseries called The Defenders, which is about a team of unlikely heroes who are willing to sacrifice themselves for the greater good. Here's what you need to know about these four superheroes:

MICHELLE CASTILLO
Metro World News

Daredevil

Why him? The New York City lawyer lost his sight when a radioactive substance fell on him. Now, he goes around fighting crime utilizing his supernatural radar abilities, proving justice is truly blind.



Best part of comic:

When Frank Miller took his turn at penning the crusades of the blind hero, he contributed most of the iconic parts of the series. We learned that Daredevil was trained by a ninja clan known as the Chaste. But it didn't bode well for him that he fell in love with Elektra, a ninja assassin trained by rival ninja clan the Hand. Cabin in the Woods co-writer Drew Goddard is now behind the series.

Jessica Jones

Why her? A freak accident with radioactive chemicals killed her family while she was in high school, but also left her with limited flight and invulnerability powers and super strength.



Best part of comic:

She's gone by several names, including Jewel, Knightress and Power Woman, but she's best when she's working as an investigative journalist or detective. Oh, yeah, she's also Luke

Cage's leading lady. Melissa Rosenberg, screenwriter for The Twilight Saga, is writing this one.

Luke Cage

Why him?

Due to illegal prison experiments that were done to Luke Cage when he was wrongly convicted, he's got superhuman strength, unbeatable stamina and skin so thick that it's nearly impossible to hurt him. This black superhero was rumoured to get his own film, but it seems like Marvel will be testing out his popularity through the Netflix model.



Best part of comic: Cage is an entrepreneur and is known for starting the Heroes for Hire business, where you can pay a fee to have a superhero solve your problems. He knows how to be a team player and has worked with Iron Fist, Daredevil and Jessica Jones (more on that later). He was also a member of the New Avengers and led the Heroic Age Thunderbolts.

Iron Fist

Why him?

Through his martial arts studies, he was able to obtain dragon Shou-Lao's superhuman energy. This gave him strength, speed, stamina, durability, agility reflexes and senses — plus ninja sensibilities. He's mastered his chi, so he can heal himself or others and has limited telepathic abilities.



Best part of comic: The martial arts hero has been able to defeat many opponents, including Sabretooth, Master Khan, the Steel Serpent and death itself. Part of his motivation comes from the fact that his parents gave up their lives to save his as they searched for the city of K'un L'un, which is inhabited by aliens from another dimension.



It's getting Hot in Herre, just like Chung's career

It. British model, TV host and 'it girl' talks about her road to success and her new book

It's easy to know when you're an "it girl," says British model, TV host and girl about town Alexa Chung. Photographers snap at you on the street, de-

signers throw clothes at you and party invitations flow faster than champagne. She's not quite sure, though, how to become one, or even what It is.

"It sort of applies to anyone young, having fun and wearing clothes," she said in a recent interview.

She added, "I didn't pursue that title. It's not a career must for me. When I was a teenager, I didn't grow up and say, 'I'm going to be an it girl.' ... I didn't have a famous father or I wasn't

being supported by a huge trust fund, so all the things I associate with that title weren't at my disposal."

But the now 30-year-old started down that path when she was signed as a model as a teenager. She traces her journey to her place behind the velvet ropes in the new book It (Penguin Books), which isn't quite an autobiography but not a how-to book, either.

She muses about things such as Annie Hall's style, Jer-

emy Iron's floppy hair, a fascination with rock star girlfriends, and underwear, "the last thing I upgraded when my wardrobe began to flourish."

She lists Julie Christie, Mia Farrow, Snow White and Winona Ryder in Heathers as people with good hair; and "everyone in the years 1980 to 89" as people with bad hair.

In person, Chung comes across as candid and approachable — she acknowledges she's challenged by money manage-

ment, for example — but also confident. In her spare time, you'll find her at the karaoke bar, probably singing Nelly's Hot in Herre.

On a daily basis, though, she's not all that concerned about dressing up. When it comes to a big fashion event, such as the Metropolitan Museum of Art's annual Costume Institute gala in New York or a designer-hosted dinner during runway season, she said, "I try to look OK." **THE ASSOCIATED PRESS**



Alexa Chung THE ASSOCIATED PRESS



Asa Soltan Rahmati is a self proclaimed "Persian Pop Priestess." CONTRIBUTED

She's a survivor and she's gonna make it — no thanks to the haters

The Shahs of Sunset. Self proclaimed 'Persian Pop Priestess' Asa is intent on making her Diamond Water company work despite her frenemies

ALEX
KHATCHADOURIAN
Metro World News in NYC

Asa Soltan Rahmati is a busy woman. The Shahs of Sunset just returned for a third season, but filming her drama-filled reality show isn't the only thing the self-proclaimed "Persian Pop Priestess" has been up to. Since we last saw her on her Bravo show, Rahmati has launched a boutique alkaline water company, Diamond Water, created a collection of artwork and fashioned an entire business around her Priestess image. Sure,

Rahmati has her fair share of haters — including some of the fellow Shahs she calls friends — but, if you ask her, that doesn't stop her from getting what she wants.

It seems like a lot of great stuff has happened for you lately. We'll see the launch of Diamond Water this season right? How was that experience?

You know what? It's been kind of amazing. Diamond Water is not just a spinoff of the Bravo show, where somebody just puts his or her name on a product. This is really my baby. This season you will see, from A to Z, how I struggled in creating the business and everything else that goes into the really intimate process of making Diamond Water.

Have the other "Shahs" been supportive of your new venture?

No, there was definitely

some hater-ation, and some naysayers talking s—. But you know what? I'm a survivor and everything I have, I have worked hard for. Diamond Water is my dream. Nobody else has to believe in it except for me, so I don't care what other people say.

Where do you find inspiration for your art?

Art has always been a vehicle of therapy for myself. I'm able to process the pain I went through living as a refugee in an immigrant ghetto in Germany. A lot of my work has to do with identity and living between cultures. Whether it's with my music or with my visual art, there always seems to be some sort of eastern/western gangster flair to it. It's always been art, life and love, all melted together for me.

You're the self-proclaimed "Persian Pop Priestess." What's that all about?

I learned at a young age that we have so much that makes us who we are. The main things are love and humanity, but mainly love. I kind of became a spiritual gangster really early on. The Priestess is really a spiritual gangster. Love by all means necessary. Not in that weird hippie way, but in a true, primal way.

What's one moment this season that meant a lot to you?

This season is seriously epic. When I do my art show, it deals with the three phases of my life, of my childhood. I basically worked with old family pictures and I projected the images through a video projector and danced in front of it. It was a personal piece for me and propelled me to organize a family reunion in Turkey with my family that's still in Iran. I haven't been able to see them for 30 years because of my refugee status, and not being allowed to go back.

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* Visit WhiteOaksMall.ca for full contest rules.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Three is not always a crowd for Gaga, but she's still a lady

Lady Gaga likes to keep an open mind, even when it comes to her relationship with Taylor Kinney.

When asked by Howard Stern if she'd be open to letting another woman join them in bed, she says, "That sounds like fun!" But Stern couldn't get her to go on the record as to whether she and Kinney have already given that a try.

"You know what? I've spoken a lot about my Taylor and I don't want

to kiss and tell too much. I'm a little bit more of a lady than that," she says. "Here's the thing: I'm not the type of person that's having sex all the time with lots of random people. I don't do that. I'm in a monogamous relationship, we're having a good time, we've been together for a while. If it were to come up, it comes up."

And as happy as Gaga and Kinney are, they're in no hurry to tie the knot. "The thought of a wedding to me is exhausting. Why would I put myself through that?" she said. "Here's my dream wedding: We get completely hammered, we get the worst dresses we can find and then we go to the courthouse."



Miley Cyrus. ALL IMAGES GETTY

Weed really like to look into Cyrus incident, say stunned Dutch authorities

Miley Cyrus' latest awards show stunt — lighting up what appeared to be a joint on stage at the MTV European Music Awards — might turn out to be more trouble than it was worth. Authorities in Amsterdam are reportedly investigating the incident, according to Agence

France-Presse, since the venue where the show was held has a strict no smoking policy. "We received complaints about smoking, which was also seen on television. We have to investigate," a spokesman says. "There is a smoking ban in public places in the Netherlands. Employees have the right to a smoke-free environment, and this includes camera and sound personnel." A spokesman for the arena, meanwhile, says the stunt "caught us by surprise."



Zac Efron

Efron movie on hold after star breaks his jaw

Zac Efron is recovering from a broken jaw after slipping and falling at the entrance to his L.A.-area home over the weekend, according to E! News. Plans to promote his upcoming film, *That Awkward*

Moment, have been postponed while he undergoes recovery, which reportedly included having his jaw wired shut.

Efron also reportedly sustained a gash that required stitches in the fall.

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Isabel Marant brings her perfect imperfection to H&M

Oh la la. Clothing retailer welcomes designer's nonchalant Parisian chic in new line for men and women

CAROLINE SANDSTRÖM
Metro World News in London

More than any other designer, Isabel Marant has managed to export that hard-to-put-your-finger-on, relaxed, brand of Parisian chic to the rest of the world.

Her slouchy aesthetic will go even more global this week, when her collaboration with H&M, the clothing giant's ninth, hits stores. We met the fashion icon at the Westin hotel in Paris to talk about her line, her personal style, and whether or not a men's line is in her future.

How did you approach this collection? It seems that most designers choose to create more affordable versions of their greatest hits. When H&M contacted me and asked if I would like to collaborate I felt it was a great honour.

I didn't know then what they wanted but I knew almost immediately that I wanted to create a collection with all my favourite garments.

You know, the clothes you always pack; the ones you would kill yourself over if they disappeared.

What's the key to your slightly grungy take on Parisian chic?

All you need is nonchalance. Parisian chic is about perfect imperfection; something a little deviant. You look good, but you don't pay too much attention or spend hours in front of the mirror. I

think the improper, slap-dash look is absolutely the sexiest and most charming look anyone can have.

How did you find designing men's wear, as this was your first attempt at it?

It wasn't difficult to create a men's collection for H&M but it was a challenge. It was easy to create garment by garment, as I often use masculine elements in my female collections, but the hard part was to paint the big picture. I don't care for men who are too fashion-conscious, so it was difficult to find a balance. It mustn't look to be too much.

But despite the fact that I'm very satisfied with the result I don't think it will be a permanent fixture in my design.

But you should

Devil may care

"All you need is nonchalance. Parisian chic is about perfect imperfection; something a little deviant. You look good, but you don't pay too much attention or spend hours in front of the mirror. I think the improper, slap-dash look is absolutely the sexiest."

Isabel Marant

never say never.

There are plenty of basics in your collection — what are your personal wardrobe musts?

The trouser is my absolute favourite garment, as well as a well-fitted T-shirt.

Basic garments are the end-all-be-all to me but I don't have any direct advice on how to style my clothes because I encourage a personal interpretation.

It's all about the blend and I love when I see people mix my garments with others, old and new, feminine and masculine, creating their own identity through them.

Personality is the ultimate accessory for me.

If you have that, you have everything. C'est tout!

Milla Jovovich owns the Parisian chic look by perfecting imperfection with her patterned dress, tousled hair and slouchy boots.

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Comfort food gets healthy with this stew-pondous stracotto

Ingredients

- 1 tbsp extra-virgin olive oil
- 1 1/2 lbs extra-lean beef stewing meat, cut into 1-inch cubes
- 1 onion, diced
- 1/2 cup chopped green onions
- 3 cloves garlic, minced
- 1/2 cup red wine
- 1 cup no-salt-added whole peeled tomatoes, chopped
- 1 can (5.5 oz/156 mL) no-salt-added tomato paste
- 4 cups beef broth
- 3/4 cup water
- 1 1/2 cups diced celery
- 2 tbsp chopped fresh sage leaves, or 1 tsp dried sage
- 2 to 3 bay leaves
- 1 tsp Italian herb seasoning
- Ground black pepper
- 1 cup cubed sweet potato
- 1 cup diced carrots
- 1/2 cup chopped fresh parsley
- 1 tbsp cornstarch

1. In a large stock pot, heat oil over high heat. Pat meat dry and add it to pot; stir continuously until browned, about 2 to 3 minutes.

2. Add onions and garlic. Stir continuously, scraping up the bottom brown bits, about 2 minutes. Stir in wine, tomatoes and tomato paste until well combined. Add beef broth, water, celery, sage, bay leaves, Italian herb seasoning and black pepper. Reduce heat to medium-low. Cover and simmer, stirring occasionally, for 1 1/2 hours. Add sweet potatoes, carrots and parsley during the last 30 minutes.

3. Combine cornstarch with 2 tbsp water; stir and add into the stew. Simmer for 5 minutes to thicken stew, remove and discard bay leaves and serve. I like this smothered over brown rice or whole wheat couscous.

Florentine Tomato-based Beef Stew (Stracotto alla fiorentina)



This recipe serves 6. ALL PHOTOS COURTESY OF MICHAEL RAO

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The Healthy Italian

Italian cuisine doesn't have to be fatty

The word "healthy" isn't typically associated with Italian cuisine but Fina Scropo is out to change that. Her book, *The Healthy Italian*, proves you can enjoy all your favourites — like Sicilian pizza, Italian-style meatloaf, rice balls and chocolate-pear torte — without loading your plate with fat and calories. Aside from mouth-watering recipes, *The Healthy Italian* is packed with tips, make-ahead options, nutrition information and photo essays that celebrate the Italian heritage. **METRO**



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A touch of Canadiana during the holidays

Decorating. Pay tribute to the Great White North with ideas such as hockey or moose

Canadians take pride in the fact that they are from the Great White North, so it's only fitting that they would take to the idea of combining a Canadiana with their Christmas decorations.

Here are six Canadian Christmas decoration ideas.

Family focus

A great idea that will make everyone feel special is including personal portraits or photographs of the family in your decorations.

The maple leaf

The maple leaf is probably the most recognized symbol of Canadian culture. Since the colour scheme of the Canadian flag is red and white, why not spray paint maple leaves and include them in your decorations? You can have a combination of green, brown, red



Fireplaces are the perfect platforms for Christmas decorations. From stockings to garlands, decorate the area around your fireplace and give it a truly festive look. IMAGE SOURCE/THINKSTOCK

and white maple leaves, which will also fit in nicely with the colour scheme of Christmas.

Merry moose

We all know that reindeers are synonymous with Christmas,

but why not be different and include the traditional moose in your Canadian decoration ideas? You can do this in the form of an ornament in the centre of your dining table decorations, or give each guest

a moose to take home as a memory of the event.

Hockey ornaments

Pay homage to the sport that has given you such pleasure over the years by hanging

skates rather than stockings and stuffing them with goodies.

Fireplace festivities

If you are one of those lucky families with a fireplace, you have to make optimum use

of it. Fireplaces are the perfect platforms for Christmas decorations. From stockings to garlands, decorate the area around your fireplace and give it a truly festive look.

COMFREE

Add twinkle to your home

When it comes to outdoor Christmas decorations, some people tend to take the holiday season a little too seriously and set up a light show that would make the solar system envious.

It's not difficult to create outdoor Christmas decorations, so long as you don't decide to wing it. Here are some tips on how to create an awesome outdoor Christmas lighting scene without breaking the bank — or anything else for that matter.

Make sure you have the equipment you need. From a ladder to specialty clamps, make sure that you have all the little things you need before you head out on this Christmas decoration adventure that you set out.

Here is a short list you can use and add to: Outdoor extension cords; timer; ladder; hand tools; and gloves.

Plan what you want to do. Before you get crazy and head out to the nearest store and blow your Christmas budget, create a plan and decide where you want to put your Christmas decorations.

Lights are a popular choice for outdoor Christmas decorations and a general rule is to get 100 lights for every foot-and-a-half of tree



A general rule for outdoor lights is to get 100 lights for every foot-and-a-half of tree or shrub you want to cover. ISTOCK/THINKSTOCK

or shrub you want to cover.

Incandescent mini lights are cost-effective and produce a warm glow. They are sold in various lengths that hold anywhere from 50 to 300 or more lights.

LED lights are a little more expensive but are 90 per cent more energy-efficient and last thousands of hours longer than incandescent bulbs. They give off brilliant light and remain cool to the touch, even after hours of use.

For consistency purposes, you should keep with the

same brand and perhaps buy an extra set or two because chances are you will want to add more lights.

Play it safe at all times. Hang lights during the day and don't bother installing any electrical items when there is precipitation. Enlist the help of someone so you can complete the work that much faster.

It would serve you best to begin at the top and work your way down, and start at the power source for every 300 lights you connect.

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Tables with a twist

Multi-purpose furnishings are of utmost importance when living in small or shared spaces. Double-duty is the way to go when it comes to bulky pieces, so I've scooped up the best alternative dining tables for those urban homeowners who rarely entertain. Are you looking to simply save some space? Check out these table options.



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

In the closet

Play cards or dine informally, then store this set away easily under the bed or in the closet. Five-piece Folding Wooden Games Table and Chairs Ensemble, \$350, sears.ca.



In the foyer

A 9.5-inch deep console folds out into a 36 x 65.5-inch dining table for dinner parties. Span White Gateleg Table, \$395, crateandbarrel.com.

3

In the kitchen

When flipped down it acts as a shelf for small objects. When up it's dining for one or a great laptop station. Bjursta wall-mounted, drop-leaf table, \$50, ikea.ca.



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In the living room

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In the home office

Roll your desk into the living room and add chairs. Go-Cart Bright Orange Desk, \$170, cb2.com.



Cycling

IOC not backing down on Armstrong ban

IOC President Thomas Bach opposes any lessening of Lance Armstrong's lifetime doping ban, saying Wednesday that any appeals for leniency by the disgraced American rider are "too little, too late."

After urging the World Anti-Doping Agency to introduce tougher punishments for drug cheats, Bach said Armstrong has not made a "real admission" and his ban should not be reviewed.

THE ASSOCIATED PRESS

NFL

Hurd gets 15-year sentence for drug-distribution scheme

Former NFL wide receiver Sam Hurd was sentenced Wednesday to 15 years in prison for his role in starting a drug-distribution scheme while playing for the Chicago Bears, completing a steep downfall that ended his football career and left his future in tatters.

Hurd, 28, received the punishment in a federal courtroom in Dallas after pleading guilty in April to one count of trying to buy and distribute large amounts of cocaine and marijuana. The charge carried a minimum 10-year sentence.

Authorities say that while NFL teammates and friends knew him as a hardworking wide receiver and married father, Hurd was fashioning a separate identity as a wannabe drug kingpin with a focus on "high-end deals" and a need for large amounts of drugs.

THE ASSOCIATED PRESS

NFL



"I'm not frustrated with the amount that I've touched. I'm just sick and tired of the losing."

C.J. Spiller, who insisted Wednesday that he is not concerned about his lack of opportunities in the Bills' offence since returning to full health. The running back has struggled since returning from an ankle sprain. He was a non-factor in Buffalo's 23-10 loss to Pittsburgh on Sunday with just eight carries for 23 yards.



Tigers ace Max Scherzer won the American League Cy Young award on Wednesday. Scherzer led the majors in 2013 with 21 wins. JARED WICKERHAM/GETTY IMAGES

Scherzer, Kershaw clean up in Cy vote

MLB. Dodgers lefty and Tigers ace easily win top pitchers' awards

Clayton Kershaw of the Los Angeles Dodgers and Max Scherzer of the Detroit Tigers breezed to baseball's Cy Young Awards Wednesday.

Kershaw won the prize as the National League's best pitcher for the second time in three seasons after posting a 1.83 ERA — lowest in the majors in 13 years.

"This is such a cool thing. I can't even explain what it means to me," Kershaw said in an interview on MLB Network. "It really is a huge honour."

The 25-year-old lefty with a big-breaking curve drew 29 of 30 first-place votes from members of the Baseball Writers' Association of America. Adam Wainwright of the St. Louis Cardinals was picked first on one ballot.

Kershaw went 16-9 and topped the NL with 232 strikeouts. He also won the Cy Young Award in 2011 and finished second last year to knuckleballer R.A. Dickey.

Chip on his shoulder



"I want that ring."

NL Cy Young winner Clayton Kershaw, who has been an all-star the past three seasons while putting

up eye-popping statistics. Now, he said, the only thing left for him to do is win the World Series.

Scherzer took the AL honour after leading the majors with 21 wins. He received 28 of 30 first-place votes.

The right-hander lost only three times and was the lone

20-game winner in baseball. He ranked second in the majors with 240 strikeouts and was fifth in the AL with a 2.90 ERA.

Scherzer smiled and raised both arms when the results were announced.

"It's unbelievable. It just vindicates everything I've done," he said, acknowledging all the run support he received from Detroit's powerful lineup probably helped his candidacy. "I've been working so hard all these years to get better and better," he added. "I think I took a big step forward in 2013." THE ASSOCIATED PRESS

NHL. Nolan, LaFontaine back with Buffalo

The Buffalo Sabres are turning to their past to help turn the struggling franchise around.

The NHL team has cleaned house by firing general manager Darcy Regier and head coach Ron Rolston, and bringing back former star Sabres forward Pat LaFontaine and former head coach Ted Nolan.

LaFontaine was named president of hockey operations Wednesday and Nolan will serve as interim head coach.

"We'll compete, we'll make it exciting and we'll make it a place people want

to come and enjoy hockey games again," Nolan said at a news conference Wednesday morning.

The Sabres are off to a 4-15-1 start, the worst in franchise history. Buffalo edged Los Angeles 3-2 in a shootout Tuesday night to avoid tying the worst home start in NHL history.

Rolston was 19-26-6 in his brief tenure as Buffalo coach. Regier had been the Sabres general manager since 1997.

The Sabres organization has plenty of familiarity with Nolan and LaFontaine.

Nolan was the Sabres coach from 1995-97, winning the Jack Adams Award in 1997 as the NHL's top coach. Nolan also coached the New York Islanders from 2006-08.

His current job is coach of the Latvian men's national team, a role he'll continue into the 2014 Winter Olympics in Sochi, Russia.

LaFontaine starred for the Sabres from 1991-97 and was inducted into the Hockey Hall of Fame in 2003. He started a job as senior executive for the NHL last month.

THE ASSOCIATED PRESS



New Sabres head coach Ted Nolan addresses the media in Buffalo on Wednesday. THE ASSOCIATED PRESS

CFL

Bombers fire coach Tim Burke

The Winnipeg Blue Bombers announced Wednesday the firing of head coach Tim Burke, a move Wade Miller said was made the day before the "acting" tag was removed from his title of president and chief executive officer.

Burke became Winnipeg's interim head coach in August 2012 after Mack fired Paul

LaPolice. The Bombers finished with a league-worst 3-15 record this season, tying the club's lowest mark in an 18-game season. They were 7-21 under Burke's leadership. All the assistant coaches are on contracts that are up this year, Miller said, adding he's open to Burke staying with the team because he's got good character and has excelled as a defensive boss. Burke reportedly had a year left on his contract.

THE CANADIAN PRESS

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There's no place like dome for Argonauts

CFL Playoffs. Toronto kicker Waters glad blustery conditions won't be a factor against Ticats

No one's happier about the CFL East Division final being played indoors than Swayze Waters.

The Toronto kicker won't have to worry about fighting the elements Sunday when the Argonauts host Hamilton with the Rogers Centre roof closed. Last weekend, the Tiger-Cats beat the Montreal Alouettes 19-16 in an East Division semifinal contest plagued by cold rain and wind gusts exceeding 60 kilometres an hour.

The bitter conditions wreaked havoc on the kicking game. In the first half, Montreal's Sean Whyte tried a



The Argonauts will be relying heavily on the boot of kicker Swayze Waters in Sunday's East Division final against Hamilton. TIM ALAMENCIA/TORSTAR NEWS

27-yard field goal that was on course to split the uprights before the ball stopped suddenly in mid-air because of a wind gust and dropped at the one-yard line.

"I was already glad we had

the bye but I was really glad after watching that game — it was pretty rough," Waters said with a chuckle following Toronto's practice Wednesday at Rogers Centre. "In a game like this when you've worked so hard

all year, you'd like to be able to control what you can control.

"When there's (wind), that really changes the whole game."

The five-foot-11, 181-pound Waters is an important member of Toronto's special teams, handling all three kicking jobs. Waters, 26, made 18-of-25 field goals (72 per cent), was the CFL's leading punter (46.5-yard average) and was second in kickoffs, averaging 64.6 yards.

Waters' career-long field goal was 51 yards registered last year but he has hit from 60-plus yards in practice.

"He could really be a factor with his kickoffs and punts and the possibility of long field goals," Argos head coach Scott Milanovich said of Waters. "You hope from an offensive perspective it doesn't come down to things like that, but Swayze's leg is definitely a weapon."

THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	18	13	5	0	56	43	26
Boston	17	11	5	1	48	30	23
Detroit	19	9	5	5	47	51	23
Toronto	17	11	6	0	51	40	22
Montreal	19	9	8	2	49	42	20
Ottawa	18	7	7	4	53	56	18
Florida	19	4	11	4	40	66	12
Buffalo	20	4	15	1	36	63	9

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	17	11	6	0	50	40	22
Washington	19	10	8	1	61	55	21
NY Rangers	18	9	9	0	41	49	18
Carolina	18	7	7	4	34	49	18
New Jersey	18	6	7	5	38	46	17
NY Islanders	19	7	9	3	54	61	17
Philadelphia	17	6	10	1	31	44	13
Columbus	17	6	10	1	44	50	13

Wednesday's results

Toronto at Minnesota
Philadelphia at Pittsburgh
Dallas at Edmonton

Tuesday's results

Buffalo 3 Los Angeles 2 (SO)
Carolina 2 Colorado 1
NY Islanders 3 Nashville 1
Washington 4 Columbus 3 (OT)
New Jersey 3 NY Rangers 2
Winnipeg 3 Detroit 2 (SO)
Florida 3 Anaheim 2
Philadelphia 5 Ottawa 0
Tampa Bay 2 Montreal 1 (SO)
Phoenix 3 St. Louis 2 (OT)
San Jose 3 Calgary 2 (OT)

MLS PLAYOFFS

CONFERENCE FINALS

(2 games, total goals)

Saturday, Nov. 23 — All times Eastern
Houston at Kansas City, 7:30 p.m.

Sunday, Nov. 24

Salt Lake at Portland, 9 p.m.

CHAMPIONSHIP

Saturday, Dec. 7

East champion vs. West champion, 4 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	17	14	3	0	55	30	28
Chicago	18	12	2	4	66	49	28
St. Louis	16	11	2	3	54	37	25
Minnesota	18	10	4	4	48	40	24
Winnipeg	20	9	9	2	53	57	20
Dallas	17	8	7	2	46	52	18
Nashville	18	8	8	2	38	57	18

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	20	15	4	1	68	48	31
Phoenix	19	13	4	2	63	58	28
San Jose	18	11	2	5	66	43	27
Vancouver	20	11	7	2	54	54	24
Los Angeles	18	11	6	1	52	44	23
Calgary	18	6	9	3	49	64	15
Edmonton	19	4	13	2	48	75	10

Note: Two points for a win, one point for overtime loss.

Thursday's games — All Times Eastern

Los Angeles at NY Islanders, 7 p.m.
Columbus at Boston, 7 p.m.
Anaheim at Tampa Bay, 7:30 p.m.
Phoenix at Chicago, 8 p.m.
Colorado at St. Louis, 8 p.m.
Dallas at Calgary, 9 p.m.
San Jose at Vancouver, 10 p.m.

Friday's games

Anaheim at Carolina, 7 p.m.
Los Angeles at New Jersey, 7 p.m.
Nashville at Pittsburgh, 7 p.m.
Montreal at Columbus, 7 p.m.
Toronto at Buffalo, 7 p.m.
Washington at Detroit, 7:30 p.m.
Boston at Ottawa, 7:30 p.m.
Florida at Minnesota, 8 p.m.
Philadelphia at Winnipeg, 8 p.m.
San Jose at Edmonton, 10 p.m.

CFL PLAYOFFS

DIVISION FINALS

Sunday's games — All times Eastern

Hamilton vs. Toronto, 1 p.m.
Saskatchewan vs. Calgary, 4:30 p.m.

GREY CUP

At Regina, Saskatchewan

Sunday, Nov. 24

East champion vs. West champion, 6 p.m.

NFL

Thursday's game — All times Eastern
Indianapolis at Tennessee, 8:25 p.m.

Sunday's games

Baltimore at Chicago, 1 p.m.
Arizona at Jacksonville, 1 p.m.
Detroit at Pittsburgh, 1 p.m.
Oakland at Houston, 1 p.m.
N.Y. Jets at Buffalo, 1 p.m.
Cleveland at Cincinnati, 1 p.m.
Washington at Philadelphia, 1 p.m.
Atlanta at Tampa Bay, 1 p.m.
San Diego at Miami, 4:05 p.m.
San Francisco at New Orleans, 4:25 p.m.
Green Bay at N.Y. Giants, 4:25 p.m.
Minnesota at Seattle, 4:25 p.m.
Kansas City at Denver, 8:30 p.m.
Monday, Nov. 18
New England at Carolina, 8:40 p.m.

NBA

Wednesday's results

Houston at Philadelphia
Milwaukee at Orlando
Charlotte at Boston
Toronto at Memphis
Cleveland at Minnesota
New York at Atlanta
Washington at San Antonio
L.A. Lakers at Denver
New Orleans at Utah
Brooklyn at Sacramento
Phoenix at Portland
Oklahoma City at L.A. Clippers

Tuesday's results

Miami 118 Milwaukee 95
Dallas 105 Washington 95
Golden State 113 Detroit 95
L.A. Lakers 116 New Orleans 95

Thursday's games

Houston at New York, 8 p.m.
Oklahoma City at Golden State, 10:30 p.m.

Friday's games

Chicago at Toronto, 7 p.m.
Milwaukee at Indiana, 7 p.m.
Portland at Boston, 7:30 p.m.
Dallas at Miami, 7:30 p.m.
Charlotte at Cleveland, 7:30 p.m.
Philadelphia at Atlanta, 7:30 p.m.
Minnesota at Denver, 8 p.m.
Brooklyn at Phoenix, 9 p.m.
San Antonio at Utah, 9 p.m.
Detroit at Sacramento, 10:30 p.m.
Memphis at L.A. Lakers, 10:30 p.m.

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Horoscopes

Aries

March 21 - April 20

You won't hesitate to criticize today if you believe that someone is behaving in a way that is unfair. Like your opposite sign of Libra you have a finely tuned sense of justice

Taurus

April 21 - May 21

One little thing you do today could change a thousand things over the course of the next few months, so think carefully about ways you can make a difference and then act decisively.

Gemini

May 22 - June 21

There is no reason at all why you should not be taking risks that can benefit you personally.

Cancer

June 22 - July 23

Times may be tough but you are tough enough to face them and make something good of them.

Leo

July 24 - Aug. 23

Try not to give loved ones the impression that you don't care what they are up to. It may only be an act on your part but if they feel you have no interest in what they are doing it will dampen their enthusiasm. Back them up.

Virgo

Aug. 24 - Sept. 23

There is no point making threats or promises because they simply won't work – and the reason they won't work is because you have made them before and done nothing. It seems like your credibility needs a bit of work.

Libra

Sept. 24 - Oct. 23

Get out into the world and have some fun. Whatever your troubles may be at the moment you won't make them better by worrying.

Scorpio

Oct. 24 - Nov. 22

Whatever else you do today don't keep score. Life is not a contest to be won or lost but a game to be enjoyed and the planets indicate you will enjoy it so much more if you loosen up and forget about the rules for a while.

Sagittarius

Nov. 23 - Dec. 21

You may want to help a friend in need but you also realize that they must learn from their own mistakes.

Capricorn

Dec. 22 - Jan. 20

The future is not something you should be looking forward to and planning for – the future is here and now.

Aquarius

Jan. 21 - Feb. 19

You can go where you want to go and do what you want to do – no one will stop you – but before you pack your bags and head for the horizon you must take care of an unresolved relationship issue. A simple "sorry" should be enough.

Pisces

Feb. 20 - March 20

If a friend has let you down you don't have to make an issue of it. According to the planets they did not do it on purpose and are actually quite embarrassed, so let it go and let them make it up to you in their own way and time.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- "The ___ Mutiny" (1954)
- Conned
- Scale
- British car, ___ Martin
- Poet's 'previously'
- Golden '60s song, for example
- Canadian-invented Trivial Pursuit, for one: 2 wds.
- Wheezing noises
- Prince Valiant's son
- Nature government agency, ___ Canada
- Info given secretly to the press
- 'Yes' on a yacht
- Pastureland
- Dryer's fluff
- New ___, Nova Scotia
- In a bashful way
- Scuffle
- Fair-hiring letters
- Urgency
- Fireplace fixture
- Breath whilst laughing
- Keyboard key
- Stitches
- Places at a slant
- Badgley ___ (American fashion design duo)
- Jason's craft
- French for 'Goose'
- Corny place
- Elevs.
- Bird found across

Canada listed as 'threatened' on the Species at Risk Public Registry: 2 wds.
60. Smashing Pumpkins co-founder, James ___
61. Horseback rider's straps
62. Natural ___ Canada
64. Bandleader Mr.

Shaw

- Big Apple toy store, ___ Schwarz
- Glides like a bird
- Slept a bit
- RR depot
- Alvin ___ American Dance Theater

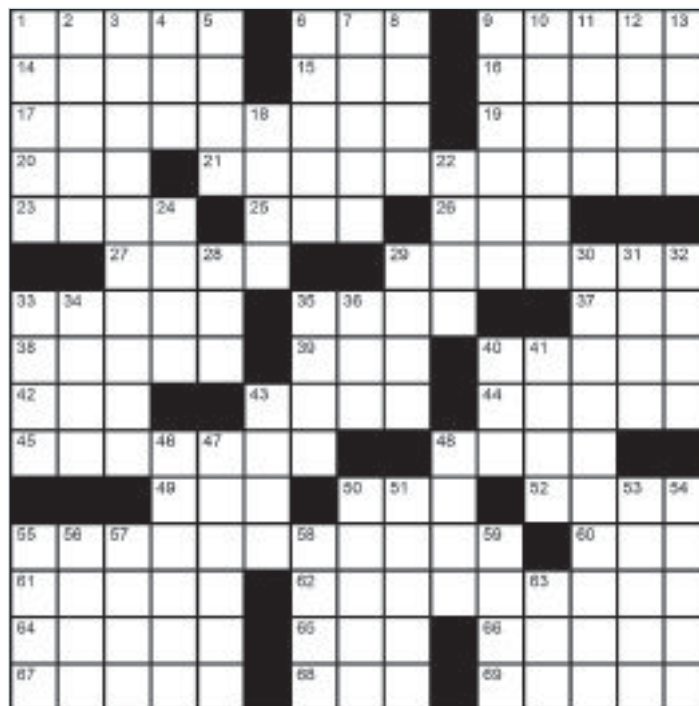
Down

- Secretly conspiring

group

- "Oh, don't be ___ loser!"
- Pros in a Computer Dept., ___
- Neither's partner
- The Neverending Story author, Michael ___
- Music genre, with Metal

- Hollywood's Mr. Hammer
- Red ___, Alberta
- Eye part
- Andean animals
- Still
- Demeanor
- Trump
- Bug variety
- Brit singer Mr. Murs



See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

- Bagpiper's outfit piece
- 'The Science Guy', Bill ___
- Practical jokes
- ___ Survey of Canada
- Astronomy's ___ cloud
- Soaks
- Decorative pillow cover
- Nickname of Nova Scotia's cap.
- Bandmate to Anthony Kiedis
- Make the kayak move
- Gibraltar, e.g.
- Near, fancy-style
- Misrepresent
- Ms. Nielsen of "Gladiator" (2000)
- Showed disapproval as a cat
- Peek-___!
- Sports shoe's slip stopper
- Elisabeth Moss' role on "Mad Men", Peggy ___
- "Ta-da!"
- Flip
- Mr. Pitt
- Bubbly bar
- Glamour
- Pet store sounds!
- 1970 Paul Newman movie about a radio station
- French sovereign

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today



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